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The St. Louis Rowing Club News



Head Coach's Report

Happy New Year All!

Old Man Winter has us in his frosty grip...er...well...ok...so maybe he's just teasing us a little. Regardless, it's clear that your spirits are high and that the 2004 is going to bring exciting things, not the least of which is speed!

Congrats to all who participated in the indoor championships on the 31st. I hope all that attended believe that that path we're on is a good one. And if you didn't attend, have a lookie see at the results--you're part of a program that is making gains. You did the work folks. You got it done. Masters--we won't visit the 2K again for a month or so. Juniors--way to start things off!

As we approach the spring season, be mindful that now is not the time to take a break. The duration of some workouts may start to decrease, but the intensity will not. A few more miles and we'll start to build some speed on that foundation of fitness that you've worked so hard to build. You thought you were fast on the 31st? Just you wait. In just a few months we'll be on the water again and our boats will be moving very well indeed.

Now--a plea of sorts. With the new boathouse and a desire for the club to grow, we will need to find coaches to help us along. I'd like to plant this little seed now and we'll talk about it more later, and that seed is this--that our coaching needs might be most successfully met from within.

Ever thought about doing a little coaching? Start. I'll be here to help you, and our juniors and adults would love for you to express your love of our sport in new and wonderful ways. If you think you can't or don't know enough--you're wrong. Just planting the seed here folks. Just asking you to start thinking about it.

Can't wait to see more of what you can do.

--John Wetzstein

President's Report

Spring has sprung (famous last words). At least it is above 60 degrees as I write this. The sun is melting the layer of ice off the lake as I write.

The boathouse occupancy permit should be awarded in short order. Chuck Schagrin will provide a detailed explanation of what the current status is and what to expect, why the delays, etc elsewhere in this issue or in a general emailing. We should not have problems getting back on the water, however.

There will be a general club meeting in the next month or so. Either we will host it or it will be at the boathouse during the evening on a Saturday or Sunday. Look for the announcement.

Linda Greensfelder has been very busy putting together a new fundraising committee. She will tell you that it is everyone in the club's responsibility to get the boathouse paid for, and the sooner the better. If we delay raising the money until we absolutely have to, we will end up paying about \$37,000 in interest. That money could be put to better use elsewhere. If you haven't anted up, please do so. If you have considered making a pledge but haven't done so yet, please do it. And please give Linda every help you can. This is not an easy job.

We still need a Gateway Regatta – 2004 Olympic Centennial Chair. There are several of us who can tell the new chair what needs to be done and when, and can give lots of help and emotional support. Please – someone step up to the plate.

We need part-time coaches. You all know more about rowing than any new rower. Give it a thought. I guarantee you that it will be a rewarding experience and that it will benefit your own rowing. The best way to understand what you are doing is to teach that activity to someone else. John Wetzstein will be talking to all of you about this. Thanks.

I'm off to Georgia for a week of --- you guessed it. Rowing. See you March one.

--Steve Giddings

Boathouse Update

The question of the moment is "How much longer until the boathouse is usable?" And the answer is "soon".

There are two items standing between the club and the final occupancy permit.

The first item is the handicap accessible showers. The decision has been made to create a small ramp in front of the lip of the shower. This should satisfy the Maryland Heights code issues. The ramp should not project out into the shower area (the ramp will be between two existing walls); so, there should be no safety issues. The work should be done quickly by the general contractor.

The other item is the striping of the parking area. Again, this should be done this week. With the completion of these items, we should have a final occupancy permit.

There remain, however, several items that need to be resolved in terms of completion and satisfying the Parks Department.

First, to address issues of the Parks Department, the wooden slats in the chain link fencing around the trailer storage area will need to be removed. At some not too distant time, volunteers will be needed to remove the slats.

Second, the mechanical system is unacceptably loud in the exercise area. The existing ductwork will be reconfigured somewhat. This, hopefully, will quiet the noise.

Third, the exterior appearance of the building continues to be an ongoing issue. The belief is that the mottled appearance can be best addressed by staining the exterior exposed aggregate panels. A test section will be done in the boat storage area (where it is the least visible). After analyzing the results, there will be further discussion on how to proceed.

None of the last three items, however, impacts on the occupancy or use of the facility. So, shortly the new boathouse will be all ours.

Please remember, the remaining big issue, and it is big, is the large debt associated with the project. The mortgage and its monthly interest have a significant impact on the financial health of the club and the ability of the club to embark on other projects and ideas (such as additional equipment). And the mortgage will only be reduced and eliminated by the full and active participation of all of the club members. Everyone needs to participate.

--Chuck Schagrin

Winter Learn to Row

Six novice rowers joined the winter learn-to-row program in January. After two weeks of instruction on indoor rowing, under the watchful eyes of John Wetzstein and Scott Allison, they are practicing regularly with the intermediates and looking forward to time on the water in March or April. One of these new rowers, Dave Chady, even competed (and medalled) in the recent SLIRC.

St. Louis Indoor Rowing Championships at WashU

The annual St. Louis Indoor Rowing Championships were on January 31, 2004 at Washington University. There were 92 competitors with 53 women and 39 men. The rowers were SLRC members and rowers from Washington and St. Louis Universities. The races were on Concept 2 Model C ergs using e-row displays on computer screens; so, races could be monitored by competitors and spectators.

Of the women there were 17 juniors and 14 master rowers. The top three women were all SLRC juniors who beat the top collegiate performers. Caitlin Henry finished with the top time for women at 7:36. Kirsten Campbell and Angela Wunderli were close behind with times of 7:37 and 7:41 respectively. The fastest junior novice was Emily Johnson with an 8:21, and Jackie Roewe won the junior women's lightweight category. Notable among masters women were Helen Woznack with the top masters lightweight time of 8:16. Linda Gibbons and Donna Bresler had a tight finish for the top open masters times of 7:58 and 8:00.

On the men's side there were 6 juniors and 8 masters rowers. The top junior finishers were Andrew Goldstein and Doug Cleveland with times of 6:58 and 7:07, respectively. The top three masters were tightly grouped with Dave Bentzinger, John Mason, and Jay Lyons taking the top three spots with times of 6:36, 6:38 and 6:40.

Overall, the event was a success and people had a good time finding out where they stood in this early part of the season. Detailed results can be viewed by clicking [here](#).

Based on responses, we will likely continue to hold the event at Washington University in the future. I wanted to thank all those who competed, and a special thanks to Scott Allison, John Wetzstein, Rein Zeidler, Steve Giddings and Cameron Carter.

--John Mason

Treasurer's Report

The club's income and expenses were essentially in balance during 2003. Income from dues, our major source of funds, was down about 6% compared to 2002, mainly as a result of a smaller junior roster. Dues payments from adult members actually rose about 18% as the number of master and open rowers increased. The shortfall in dues income was offset by increases elsewhere. New equipment expenditures were unusually high last year primarily because of the purchase of the two new M2s.

In 2004 we will experience a new set of expenses with associated with operating the boathouse. We anticipate the average monthly cost of boathouse operations (including interest on our debt to Washington University) will amount to about \$2,000. That's \$2000/month of expenses we didn't have in 2003. It's clear we'll have to tighten our belts significantly to pay for boathouse operations. The major discretionary item in our budget is the purchase of new equipment. You should anticipate that equipment expenditures will be strictly limited in 2004.

Dues notices were sent to all adult club members in January. The due date for payment is [was] February 15. As of February 1, checks had been received from only about one third of current members. Please mail your check soon! Invoices for the juniors' winter/spring season dues will be mailed during the week of February 22.

--Scott Allison

Update: Fundraising vis Credit Card

SLRC CardScrip Mastercard: Those of you who have been supporting the club with this card have already received notification from MBNA about the phase-out of this program. SLRC will continue to earn money from Bonus Merchant transactions through 8/22/04 and all other transactions through 2/22/04. Thanks to all of you who have participated in this fund-raising effort. The Club will continue to receive revenues from this card through the end of 2004.

New! EScrip – Earn money for SLRC by registering credit & debit cards you already have! By registering cards you already have (Mastercard, Visa, Discover, American Express), you earn funds for the club at over 17,000 restaurants and hotels plus hundreds of retailers – Wild Oats, Eddie Bauer, Office Max and Payless Shoes, to name a few. Anyone can register their cards – family, friends, neighbors, coworkers – and designate the St. Louis Rowing Club as the bonus recipient. EScrip has no effect on the airline miles, bonus rewards, or cash back benefits you are already receiving. Go to www.escrip.com to learn more and sign up – or wait for more information coming soon from the club via email and snail mail.

New! Schoolpop Visa: This program is similar to the expiring CardScrip Mastercard program. The club receives \$20 when you make your first purchase using this card, and 1% of all purchases thereafter. There are hundreds of bonus merchants, but most participate only for on-line purchases. If you like to shop on-line, this is a particularly good card for you. There is no annual fee. This card can also be registered in the eScrip program, so your purchases can earn bonuses twice! Go to <http://www.schoolpop.com> to learn more and sign up – or wait for more information coming soon from the club via email and snail mail.

Questions? Contact Linda Greensfelder at lgreensfelder@charter.net or 314-991-6969

Boathouse Capital Campaign

What we have: A fabulous new boathouse
What we don't have: \$285,000 to pay for it.

The Community Rowing Center is a reality. Every member of the St. Louis Rowing Club is now in a position to reap the benefits of this beautiful new facility. And every member of the St. Louis Rowing Club must now share the responsibility of paying for it.

A new committee is being formed to spearhead the Boathouse Capital Campaign. Raising the remaining \$285,000 over the next three years, however, rests not with the committee, but with the entire club. This new committee is only an administrative vehicle. YOU ARE ALL part of the Boathouse Capital Campaign. As such, each and every SLRC member will be called upon, not only to make a financial donation, but also to share the talents and expertise needed to make this campaign a success. Masters, boosters, junior rowers – everyone can contribute. We're looking for the following:

- Fundraising strategies
- Contacts in potential donor corporations or foundations
- Help with specific fundraising projects
- \$\$\$\$ (If you haven't sent a check, this is a good time to do it. And thank you if you have already sent a check.)

Contact us – Ask questions – Get involved! If you don't call us, we'll call you!

Linda Greensfelder
lgreensfelder@charter.net
Boathouse Capital Campaign Chair

Steve Giddings
SJGiddings@aol.com
SLRC President

Boathouse Fund donors

BOATHOUSE FUND
DONOR APPRECIATION LIST

THANK YOU!!

THANK YOU!!

THANK YOU!!

As we begin a new phase of boathouse fundraising, it is time to thank all of our members, friends and corporate citizens who have given so generously to the St. Louis Rowing Club Community Rowing Center Fund. What follows is a listing by year of contributions received from 1/1/93 to the present. Please let us know if you see errors or omissions.

Key: AM = Active Member IM = Inactive Member B = Booster F = Friend C = Corporate O = Other

1993

\$1 - \$100

F Michael Case
F Megan Fowler
F Ruth Franke
F Lucile Naive
F Richard Snyder
C Stolar Partnership
IM Susan & Bob Trice
F James Usdan
F Mark Weimer

\$101 - \$500

F Douglas McCarthy
C MICDS
F Moolah Temple Guides
F US Rowing Directors

1994

No Donors

1995

\$1 - \$100

AM Scott Allison

1996

\$1 - \$100

AM Scott Allison

1997

\$1 - \$100

F Joseph Adams
F William Allen
B Martina Boudreau
F Susan Christensen
F Mary Debendetti
F Anita Donze
B Megan Doyle
B Dorothy Edwards
B James Fann
F Paul Ferrara
C Ford Hotel Supply
F Oakleigh French
F Philip Heagney
C Joe Beilin & Assoc.
F Judith Gallagher
F William Gallagher
F Dennis Geivet
F Fielding Holmes
F Stacy & Repps Hudson

F Edward Kasten
F Peter Kippes
F Wayne Kuechler
B Ivy Lee-Sharpe
F Sonya Logan
F Randy Marten
F Allison McClelland
F Betty McGowan
F Kevin McGowan
F Frank Reddy
F Ester Stacy
F Carolyn Swindell
F Lori Tesser
B Elizabeth Upthegrove
F Mary Weir
B Lynn Wells
F Mickey Williams
F William Wirtanen
F Horace Wolcott

\$101 - \$500

F Edward Bauer
C Express Scripts
AM Kathryn & Steve Giddings
IM Mike Havey
F Stephen Jones
IM John Scott
C Winco Window Co.

\$501 - \$1000

IM Linda & Ahsan Iqbal
C Linda & Ahsan Iqbal
(McDonnel Douglas match Match) match)
F William James

\$1001 - \$2000

C McDonnel Douglas match

\$2001 - \$3000

C Enterprise Foundation
B Isabelle & John Montupet
F Jack Taylor

\$3001 - \$5000

C Bernoudy Foundation
B Carol & Mark Vittert

\$5001 - \$10,000

C A.G. Edwards
C Mercantile Trust

\$10,001 - \$20,000

C Emerson Electric
B S. MacKinnon & A. Patterson

1998

\$1 - \$100

IM Carla Ainsworth
AM Scott Allison
AM Colin Allsop
B Lynn & David Amine
B Therese & Shanti Banford
AM Dave Benzinger
B Martina Boudreau
C Bradburn/Lapinski Assoc.
F Carmen & Michael Carroll
B Carol & William Claypool
F Devvie & Robert Courtright
F Bonnie Davis
IM Jeff Dickler
IM Patsy Farmer
IM Chris & Kevin Feely
F Jody & Richard Feldman
F Sue & John Flanigan
IM Scarlet Foster
AM Olivia Giddings
F Margaret Givens
F Evan & Abraham Goldfarb

B Janice Gonzalez-Diener
F Kathlene Harshman
IM Rob Hartzog
IM Katja Helbing
F Jeffrey Heuer
F Melissa & Gary Higgs
F Lori & Derek Hirst
AM Paul Hollis
B Ellen Honig
B Jou-Nan Huang
B Sarah & Kenneth Jerina
F Donna & Earlene Johnson
B Tamiko & Frank Johnson
IM Steve Jones

B Rufus Kemper
F Martha & Jerry King
F Allan Knoll
F Nada & David Krauss
F William Kuehling
B Jane & Robert Lander
B Janet & Daniel Lander
F Janet & Daniel Lane
B Ivy Lee-Sharpe
F Denise & Jay Levitch
B Andrew Lynn
AM Mason Family Trust
C Missouri Machinery
AM John Mason
F Lori & Richard Mersman
F JoAnn & Rick Moore
F Cynthia & Edward Murphy
B Keith Murphy
F Francis Neuner
B Wendy Olk
B Catherine & Craig Olshansky
B Claire Powell
F Leigh & Jerome Pratter
IM Marcus Raichle
F Nancy & Thomas Ray
F Patricia & Robert Schwartze
F Ruth & L.D. Smith
IM Carol Spehr
F Ellen Stokes
AM Ron Suermann
IM Susan & Bob Trice
F Sharon & Thomas Venker
IM Zoe Wandrey
B Ayoko & Haruka Watanabe
F Virginia & Ronald Weil
B Linn Wells
F Kathryn & William Werner
IM Susan Yip

\$101 - \$500

F Werner Bauer
F Patricia Grant
F J.D. & M.R. Hixson
F Constance & Eugene Kahn
B Jane & Robert Lander
B Sandra & Paul Manske
B Catherine & Jeffrey Remus
F Katherine & Thomas Ryan
AM Fran & Leroy Schmaltz
F Tatiana & Robert Schwendinger
F Kristen & Michael Sherman
F Kay Smith

\$501 - \$1000

B Maria & Geoff Gladding
IM Colleen & Mike Havey
AM Karl Heilman
B Pat & Bill Holtmeier
IM Linda & Ahsan Iqbal

B Kori & Gantt Miller
AM George Murray

\$1001 - \$2000

C Bunge Corp. Foundation
F William Danforth
AM Kathryn & Steve Giddings
B Gloria & Joseph Wotka

\$2001 - \$3000

No Donors

\$3001 - \$5000

B S. MacKinnon & A.Patterson
C Pershing Charitable Trust
B Sonny Rouse

\$5001 - \$10,000

C Emerson Electric
B Carol & Mark Vittert

\$10,001 - \$20,000

No Donors

1999

\$1 – \$100

No Donors

\$101 - \$500

F Curtis
C Jones-Hamilton Co.

\$501 - \$1000

AM Scott Allison
F Carol & David Miller

\$1001 - \$2000

B Henry Engster
AM Kathryn & Steve Giddings
C Perdue Farms

Over \$2000

No Donors

2000

\$1 – \$100

C Adams Mark
AM Colin Allsop
B Lynn & David America
B Augussta & Bela Arato
B Lisa Bulawsky
B Thomas Boudreau
B Mike Clayton
IM Debbie Curlee
B Kevin Curran & Donna Harper
B Dorothy Edwards
B Tom & Kara Evans
B James Fann
B Ronald Gladney
B Janice Gonzalez-Diener
IM Katja Helbing
B Jowe-Ynn & Yia Hwey Hsieh
B Joel & Jane Ann Iskiwitch
B Arnold Jacobson
B James & Lizabeth Jones
B D. D. Jura
B J. Timothy & Belle Keane
B James & Jane Ann Kostelc

B Dick Lammert
B George & Jeri Levesque
B Reinhard & Charlene Lotz
AM Jay Lyons
B Robin & Michael Lynch
B Jeff & Sandra Melly
AM George Murray
B Dale & Judith Musick
B Paul & Susan Ogier
B Wendy Olk

B Brendan Patterson
F Paul Peditto
B M. Jana Perea
B Michael & Carlene Pfeifer
B Pat & Ronna Ragusa
IM Piers Rawling
B Michael & Sandra Reesor
B Catherine & Jeffrey Remus
B Carmelo Romano
F Cini Rusell
AM Chuck Schagrin
B Donald & Deby Schlappizzi
AM Barb Seely
B Jim & Lorraine Shinsky
B Richard Smith
F Darryl Strickler
B Steven & Catherine Toombs
B Michael & Ann Truskowski
B Carol & Mark Vittert
IM Lucky Vittert
AM Rein Zeidler

\$101 - \$500

F Thomas Atkinson
B Joan & Tom Bialczak
AM Bill & Cathy Chamberlin
AM Barbara Dite
AM Chris & Kevin Feely
AM Cheryl Fievet
IM Erin Finneran
AM Nancy Hazelwood
AM Karl Heilman
IM Margaret Henderson
B Mark Jordan
AM Earl Kepple
AM Forest Kleberger
F Ruth Mesing
F Randall Moore
B Keith Murphy
IM Marcus Raichle
B Carmelo Romano
AM Ann Samuels
AM Barbara Seely
AM Ted Stocker
IM Paula Vetter
IM Jessie Vonk

\$501 - \$1000

AM Jan Adams
AM Scott Allison
IM Hank Conard
B Hope & Steve Cranston
IM Bill Cronin
AM Kathryn & Steve Giddings
AM Paul Hollis
B S. MacKinnon & A. Patterson
B Fred Perlak
AM John Rice

\$1001 - \$2000

AM Linda Greensfelder

\$2001 - \$3000

C New England Financial (1)

Over \$3000

No Donors

(1) Solicited by Bill & Cathy Chamberlin

2001

\$1 - \$100

F Andrew Ries
AM Masters Marathon Relay Team

\$101 - \$500

B Hope & Steve Cranston

\$501 - \$1000

F Bob Staley
\$1001 - \$2000
AM Kathryn & Steve Giddings
F JoAnn & Rick Moore
\$2001 - \$3000
No Donors
\$3001 - \$5000
No Donors
\$5001 - \$10,000
B Pat & Bill Hoyer
Over \$10,000
No Donors

2002

\$1 - \$100
C Eric Miller (Anheuser Busch match)
AM Fran & Leroy Schmaltz
AM Masters Marathon Relay Team
\$101 - \$500
IM John Kloss
F Melissa Lastamia
AM John Mason
O Unknown
O Unknown
\$501 - \$1000
O Unknown
\$1001 - \$2000
No donors
\$2001 - \$3000
AM Kathryn & Steve Giddings
\$3001 - \$5000
No Donors
\$5001 - \$10,000
No Donors
\$10,001 - \$20,000
No Donors
Over \$20,000
C Emerson Electric

2003

\$1 - \$100
C Ambassador Floor (1)
AM Eldon & Patsy Ball
F Kenneth Bennett (3)
C Brader Marble (1)
C Anheuser Busch
B Thomas & Mary Ellen Campbell
B Carol & William Claypool
F William Dooley (1)
F John Dunham (1)
AM Bob Eilers
C Bob Eilers (Monsanto match)
F Irene Fowler (1)
F Steve Giddings' Father
IM Mary Leonard
C Green Turf (1)
C Koch Bros. (1)
F Thomas Langsdorf (1)
F Alan & Judith Schwartz (1)
C Sellenriek Grading (1)
AM Masters Marathon Relay Team
B Richard Smith
IM Laura Stenger
AM Ted Stocker
C Sundermeyer, LTD (1)
B Joan & Michael Turnure
F Diane & Charles Waite (1)
F Patricia Worrall (1)
F A. Young (3)
\$101 - \$500
AM Jan Adams
B Giuseppe Aliperti

AM Kathy Bosin
AM Donna & Andrew Bresler*
IM Barbara Bryan
F William Busch (1)
AM Pam Cohen
F David Farrell (1)
AM Linda Gibbons
AM Kathy Halley
AM Dan Jay
F Constance & Eugene Kahn (1)
AM Tina Kelly
C Tina Kelly (AAA match)
C MW Marble (1)
IM Terry Portell
AM Raul Quintanilla
AM Earl Refsland
AM Ann Samuels*
AM Colleen Schulte
AM Masters Marathon Relay Team
AM Patavee Vanadilok
AM Anthony Vitale
\$501 - \$1000
F John Arnold
AM Brent Benjamin
B Thomas Boudreau
AM Bill & Margie Freivogel
AM Debbie Geison
AM Nancy Hazelwood
AM Karl Heilman
AM Paul Hollis*
B Mark Jordan
C Landmark Builders*(2)
F Desmond Lee
AM Cathy & Bill Chamberlin
B Isabelle & John-Paul Montupet
F S. Mackinnon & A. Patterson (1)
AM John Mason*
AM Chuck Schagrin
AM Barb Seely
AM Ron Suermann
F Andrew Taylor
AM Jim Tobias
AM Bruce White
\$1001 - \$2000
AM Megan Mraz
AM John Rice
AM Liz & Bob Roewe
\$2001 - \$3000
Steve & Kathryn Giddings
\$3001 - \$5000
AM Scott Allison
\$5001 - \$10,000
No Donors
\$10,001 - \$20,000
No Donors
Over \$20,000
F August Busch III
F Bob Staley

(1) Solicited by Chuck Schagrin- Ergathon
(2) Solicited by Nancy Hazelwood
(3) Solicited by Linda Gibbons
* Part of multi-year pledge

2004
\$1 – \$100
No Donors
\$101 - \$500
AM Robin Lee
\$501 - \$1000
C Landmark Builders* (3)
AM Jay Lyons

\$1001 - \$2000

AM Linda & Chris Greensfelder

Towels

Our towel supply has diminished. We need towels to wipe off our boats before storing them. Please bring an old towel to the boathouse or erg cellar. I will try and keep up with the laundering!

--Megan Mraz

SLRC Spring Fundraiser

QUESTION: WHAT DO SLRC AND NACHOS HAVE IN COMMON?

ANSWER: BASEBALL!

We are trying a new fundraiser for the club this baseball season. SLRC will man a concession stand at Busch Stadium during 4 games in the upcoming Cardinals' baseball season. We do all the work and get a cut of the profits. It's a lot of fun and good advertising for us (we have to wear SLRC baseball caps) as well. We must have ten people working at each game. A single three-hour training session is required.

Game times are the following:

Wednesday, June 16th - night

Saturday, July 3rd – day

Sunday, August 8th – day

Sunday, August 22 -day

Training sessions are on April 19, April 22, May 17, May 20, June 8 and June 9. They are from 6 pm to 9 pm at the Red Bird Inn (201 S. Broadway between gates 6 and 7).

Participation is voluntary. Everyone is asked to volunteer for at least one game. Please e-mail Barb Seely at barbara.seely@eoc.gov by February 28, 2004. Indicate your game preferences (rank in order from 1-4 and indicate unavailability) and the date of the training session that you plan to attend.

YOU'LL NEVER BE ABLE TO EAT NACHOS AGAIN!

--Barb Seely

Nutrition Video for Sale

On November 8, 2003, Shannon Hayes, RD, lectured on the fundamentals of nutrition for athletes. She also lectured on the unique dietary needs of rowers. If you are interested in a videotape of the presentation, please contact Pat Hoye at 636-391-9633 or Phoyesvc@aol.com.

--Valorie Adrio

SLRC Clothing for Sale

The Boosters have ordered lots of great SLRC items for our rowers and their fans. We were able to get embroidered

logos on everything this time, replacing the printed logos, and still get the same prices. So this is a good opportunity to stock up on great-looking items.

We have zip up hoodies (navy) for \$30, polo shirts (red or white) for \$20, scrubs (navy) for \$20, short sleeved t-shirts (white) for \$15, long sleeved t-shirts (red or white) for \$20, and caps (navy or khaki) for \$15.

We can order more pullover hoodies with rowers' names printed on the back for \$30 plus the cost of lettering at .50 per letter, but we need to be able to order at least 6 before we get that price.

We can also order Goretex jackets, but we need at least 12 in order to get the price down to \$200 per jacket. We hope to get a place soon on the website describing what we have, what we can get, and how to order.

To place an order, you can contact Donna Harper, if you are a junior , or Barbara Seely, if you are a master rower.

Donna Harper, Booster rep
dlharper2003@yahoo.com
314-496-4525 booster rep

Barbara Seely
wseely@charter.net

All items, except hats, come in S,M,L, and XL sizes. Make your check out to SLRC Boosters.

--Barb Seely

Boathouse Sketch



This sketch of the new boathouse will appear on mugs, t-shirts and water bottles sold at regattas and online. Send your comments to the newsletter staff or to Pat Hoye.

SLRC Boosters

Volunteer your time.

Keep your calendar open for the St. Louis Sprints April 17. It is sure to be a glorious spring weekend, and the boosters will be asking for a bit of your time to help make it a success for our club.

--Donna Harper

SLRC Race Schedule

Here is a tentative schedule for the spring and summer race season. We will talk more about these dates at a meeting, (time and place to be announced).

[April 17, 2004 \[Juniors and Masters\]](#)
St Louis Sprints
St. Louis, MO

[April 24, 2004 \[Juniors\]](#)
Oak Ridge Scholastics
Oak Ridge, TN

April 25, 2004 [Masters]

Dogwood Regatta
Oak Ridge, TN

May 1, 2004 [Juniors]

Governor's Cup Regatta
Columbus, OH

May 15 and 16, 2004 [Juniors]

MJRA Championships
Cincinnati, OH

June 27, 2004 [Juniors and Masters]

Gateway Regatta
St. Louis, MO

July 17 and 18, 2004 [Juniors and Masters]

Chicago Sprints
Chicago, IL

July 31, 2004 [Masters]

Midwest Masters Regionals
Indianapolis, IN

August 3 - 8, 2004 [Juniors and Masters]

Royal Canadian Henley
St Catharines, Ontario, Canada

August 19 - 22, 2004, [Masters]

Masters Nationals
Oak Ridge, TN

SLRC Juniors' Winter Training

Juniors and parents who decided against a winter break rowing trip are asked to share reasons. What made you decide (wrong time of year, not enough notice, cost, ...)? Responses will be used for planning. Please send to Pat Hoye at Phoyesvc@aol.com.

Juniors Annual Banquet

The annual banquet for all junior rowers from the 2003-04 school year and their families is scheduled for May 28, 2004. It's always lots of fun with good food and goodbyes to our seniors.

Send your pictures.

Remember to gather pictures for the annual banquet slide show, which we will make into a CD for each athlete from this year. Send your photos, preferably on CD's, to Kerry Bryan (women's varsity crew).

Senior parents, please also send a baby pic and a senior pic for this. Kerry will have a drop box at the practice location being used. Print your name and crew on the back, and she promises to return the pics. If you have a video, call her to discuss (314-862-3467).

Organize the banquet.

We are looking for someone to organize the annual banquet. An organizer will find the caterer, decorate, set up audio/visual equipment, and make all the necessary arrangements. This responsibility can be shared among several volunteers. Please contact Cheryl Feutz 314-727-7375 or Barb Johnson 314-862-0973 for information.

--Pat Hoye

SLRC Executive Committee

St. Louis Rowing Club

President: Steve Giddings

Vice President: Cathy Chamberlin

Secretary: Barb Seely
Communications Sec'y: Kelly Vogel
Treasurer: Scott Allison
Captain: Rein Zeidler
Lieutenant: Andrew Lambert
Boosters Liaison: Pat Hoye
Regatta Chair: TBD

St. Louis Rowing Club Boosters

President: Pat Hoye
Vice President: Cheryl Feutz
Secretary: Valorie Adrio
Treasurer: Roy Cleveland
Regatta Coords.: Cheryl Feutz
Barb Johnson
Travel Coord.: Jeff Remus
Uniform Coord.: Donna Harper
SLRC Liaison: Scott Allison

2004 Regatta Chair

The club needs a Gateway Regatta – 2004 Olympic Centennial chair. Anyone who would like to volunteer, please contact Steve Giddings. Because June is fast approaching, this appeal is urgent. Don't be intimidated; you'll have plenty of help if you do choose to contribute in this way. And you will be providing a service to our club and visitors.

Milestones

St. Louis Rowing Club and boosters extend sympathy to John Wetzstein with the loss of his sister unexpectedly on Thursday, February 19, 2002. John will be away from the club while he returns to Canada to be with his friends and family.

About the Newsletter

Thank you for contributing to the SLRC newsletter. Articles are published as submitted, with a few exceptions.

To submit an article for the 2004 April SLRC newsletter, attach a Word file to an email message and mail to me at: vogelka@charter.net

The due date for submissions is March 20, 2004. Please be certain submissions are in final form.